

Issue 2, April 2024

European Plastic Surgery

 **ESPRAS**
European Society of Plastic,
Reconstructive & Aesthetic Surgery



Newsletter of The European Society of Plastic, Reconstructive and Aesthetic Surgery

New ESPRAS Website released!



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The European Society of Plastic, Reconstructive and Aesthetic Surgery

Stronger Together in Europe!

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Second Edition ESPRAS Newsletter 2024

Riccardo Giunta, Germany



Dear members of ESPRAS and all European National Societies for Plastic Surgery,

I am delighted to present the second edition of our ESPRAS newsletter! These last few months have been very active with much preparation for 2024 including our new website, expansion of our social media presence with LinkedIn plus two full day meetings planned for this autumn.

The most visible development for ESPRAS is the new website. This went live at the beginning of April and you can visit it at www.espras.org.

We have prepared a full day programme for **"ESPRAS - A day in Sarajevo"** with our Balkan society colleagues on Friday September 20th and ESPRAS's biggest meeting of the year will be on November 22nd and 23rd entitled **"ESPRAS - A day in Paris"**. This will be a full day scientific meeting with our French colleagues followed by an **ESPRAS council of delegates meeting** with elections for the ExCo and board of directors and ratification of changes to our bylaws.

Please do your best to ensure that all National Delegates are available so that your voices can be heard.

Please consider joining an ESPRAS Extended ExCo Committee in your area of interest (please find details on page 10).

Please engage with the ESPRAS study on European Quality Indicators for Breast Reconstructions (please find details on page 12).

Please engage personally and encourage your colleagues to engage with our collaboration with EURAPS in a pan European Survey of Breast Implant Selection Practice (please find details on page 11)

I hope that you will find the contents of this newsletter of interest and that it will encourage you to become more involved with ESPRAS and share our aim of working together to significantly strengthen the practice of Plastic Surgery in Europe. In line with the motto of the 2023/2024 term "Stronger together in Europe!"

My very best regards,

Riccardo Giunta
ESPRAS President 2023/2024

ESPRAS New Website now released!

ESPRAS Executive Committee (ExCo)

The ESPRAS Executive Committee is pleased to present the recently released new website at www.espras.org. In the past 6 months the ExCo has put significant efforts to refurbish the website and make it more useful and user friendly. Like many other international websites ESPRAS is a resource for both patients and Plastic Surgeons which is reflected in its structure. For patients the key feature is a European Plastic Surgeon search function which refers to the websites of the national societies with the emphasis on the importance of being a board-certified Plastic Surgeon for patient safety. Please doublecheck if the link for your national society's doctors' search has been correctly inserted.

For professionals the website provides a congress calendar, links to relevant publications for ESPRAS members and a search function for Mini Fellowships

available in Europe. Please register and include evidence of membership of your national society to permit verification.

Once registration is complete, please doublecheck the information of your society and contact the webmaster Cenk Demirdöver in case an update is needed (webmaster@espras.org).

In the members section, forms are available for members to confirm and update their society's information with information for both the congress calendar and dissemination via social media, and also to enable them to submit information regarding minifellowships.

All information on ESPRAS and its past and future activities is also included.



**The European Society of
Plastic, Reconstructive and
Aesthetic Surgery**

Stronger Together in Europe!

“ESPRAS - A day in Paris” Meeting in Paris, Friday November 22nd 2024

Jacques Saboye, France and Riccardo Giunta, Germany

During the SOFCPRE meeting in Paris in November 2024 ESPRAS will coordinate a full day international scientific meeting. The program of “ESPRAS – A day in Paris” is chaired by Jacques Saboye, past president to SOFCPRE and Riccardo Giunta, Germany. Jacques anticipates around 400 participants are expected for the ESPRAS day on Friday November 22nd. This will include the following topics:

- Breast Reconstruction
- Solutions in Secondary Problems with Breast Implants
- Facial rejuvenation
- Advances in Microsurgery

A number of excellent keynote speakers have been invited from all over Europe on

these hot topics. Please also submit your abstract suggestions before May 15th 2024 at

[https://docs.google.com/forms/d/e/1FAIpQLSeNQpNPNBbj6pf1rKOn5CBVw-WqvGNkDg6ZBUoD6M6TY-3T2w/viewform?usp=sf link](https://docs.google.com/forms/d/e/1FAIpQLSeNQpNPNBbj6pf1rKOn5CBVw-WqvGNkDg6ZBUoD6M6TY-3T2w/viewform?usp=sf_link)

Suggestions will be peer reviewed and added to the program accordingly.

Paris is always a great place for scientific meeting and ESPRAS is very grateful to our colleagues in the French Society for offering us this opportunity.

Registration will be opened soon at www.sofcprefr.fr.

ESPRAS ExCo hopes to meet you all in Paris!



**SOCIÉTÉ FRANÇAISE DE
CHIRURGIE PLASTIQUE,
RECONSTRUCTRICE
& ESTHÉTIQUE**

ESPRAS Council of Delegates Meeting in Paris, November 23rd 2024

ESPRAS Board of Directors

During the next ESPRAS endorsed national meeting in Paris “ESPRAS – A day in Paris” on November 22nd an ESPRAS Council of Delegates meeting will take place on Saturday, November 23rd 2024. All delegates of national member societies of ESPRAS are expected to participate. The Council of Delegates is the decision making body of ESPRAS.

There will be a proposal to update the statutes both to secure continuous renewal of the ESPRAS ExCo with new active members and to secure continuity and to make the ESPRAS ExCo more effective in developing ESPRAS to the benefit of all. Proposals for the update of statutes will be notified at least six weeks before the meeting.

It is anticipated that there will be a requirement to vote for new ExCo Members in the five regions of ESPRAS (see ESPRAS statutes):

- **North:** one delegate, five countries
- **West:** three delegates, six countries

- **South West:** two delegates, four countries
- **Central and East:** two delegates, ten countries
- **South East:** two delegates, fifteen countries

The ESPRAS Council of Delegates is composed of one delegate from each of the affiliated National Societies. The delegates were nominated for ESPRAS quadrennial Congress in Porto, Portugal 2022 by the respective National Societies for tenure of four years renewable once. The delegate is the spokesperson for the National Society to ESPRAS and vice versa. If a national society is represented in the ExCo it shall nominate another member as its delegate to the Council. All ExCo officers are full members of the Council of Delegates with voting rights. If a delegate is unable to attend the meeting in Paris, the delegate may transfer the right to vote to another person who has been designated by the national society, with the consent of the non attending delegate.

“ESPRAS - A day in Sarajevo” Meeting in Sarajevo, Friday, September 20th 2024

Reuf Karabeg, Bosnia and Herzegovina and Riccardo Giunta, Germany

During the BAFPRAS meeting of the Balkan Societies in Sarajevo in September 2024 ESPRAS will coordinate a full day international scientific meeting. The program of “ESPRAS – A day in Sarajevo” is chaired by Reuf Karabeg, president of BAFPRAS and Riccardo Giunta, Germany. Around 300 participants are expected by



Reuf Karabeg. ESPRAS day on Friday September 20th will include the following topics: “Advances in Microsurgery”, “Breast Reconstruction”, “Solutions in Secondary Problems with Breast Implants” and “Facial rejuvenation”.

The following keynote speakers have confirmed their participation:

- Franco Bassetto, Italy
- Giovanni Botti, Italy
- Horacio Costa, Portugal
- Adrien Daigeler, Germany
- Cenk Demirdöver, Turkey
- Anna Elander, Sweden
- Riccardo Giunta, Germany
- Per Heden, Sweden
- Mark Henley, UK
- Konstantin Frank, Germany
- Uwe von Fritschen, Germany
- Jaume Masia, Spain
- Nicholas Möllhoff, Germany
- Radu Olariu, Switzerland
- Muhammad Riaz, UK
- Fabio Santanelli di Pompeo, Italy
- Felix Vollbach, Germany

Registration is open at <https://sarajevo2024.com/>. We expect a very exciting meeting in an extraordinary place.

ESPRAS ExCo hopes to meet you all in Sarajevo!

ESPRAS Membership Fees 2024

Dirk Schaefer, Switzerland

Dear Member Societies,

As you may have noticed, ESPRAS has adjusted its membership fees.

The membership fee has remained the same for more than 20 years. Due to increased costs (professional organization, offering mini-fellowships, travel support, etc.) it was decided together with the national delegates at the European Leadership Forum in Munich 2023 to increase the membership fees to €10.00 per ordinary member.

In return, you and your members will enjoy the following benefits:

- Member Certificate for each Member of National Society
- Logo on website
- Fellowships
- Education and Guidelines
- ELF and European consensus/view

Further benefits will follow with good development:

- Academic research and multi-center studies
- Committees: Research, Education, Clinical consensus

We encourage all members of all societies to work for the continued existence of our discipline in Europe.

We hope for your understanding and continued support.

Dirk Schaefer, Switzerland
Treasurer ESPRAS

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Stronger together in Europe! Term 2023/2024

ESPRAS Executive Committee (ExCo) 2023/2024

Riccardo Giunta, President
Mark Henley, Vice President
Anna Elander, Secretary General
Dirk Schaefer, Treasurer

ESPRAS Executive Committee

Cenk Demirdöver, Turkey
Giovanni di Benedetto, Italy
Anna Elander, Sweden
Nuno Fradhino, Portugal
Janis Gillis, Latvia
Riccardo Giunta, Germany
Mark Henley, U.K.
Davor Mijatovic, Croatia
Matthias Rab, Austria
Dirk Schaefer, Switzerland

ESPRAS Social Media on Instagram, X (former Twitter) and LinkedIn since 2023

ESPRAS Executive Committee (ExCo)

It is one year since ESPRAS engaged with the social media channels Instagram and X (formerly twitter) with the hashtag ESPRAS_Europe. Our focus is on disseminating relevant information both for Plastic Surgeons and patients throughout Europe.

In December LinkedIn was included into the strategy with the focus on professional information. Many posts were done to advertise international meetings in European countries.

Hence, our social media presence continues to grow, thanks to the hard work of our social media team and the support of our followers across X, Instagram, and LinkedIn. Here is a snapshot of our achievements:

- Over 56K impressions
- 1.5K interaction
- 850 posts
- 14 Reels

We are thrilled to see followers from across Europe, including the UK, Sweden, Switzerland, Spain, Italy, Germany, Turkey, Finland, and beyond. Your engagement and support are invaluable as we expand our reach and spread awareness of ESPRAS.

Our LinkedIn presence is still growing, and we invite you to follow our page and share our posts to help us reach a broader audience.

Please also continue to use our Social Media Channels for advertising the international meetings of your national society. In the members section of the new website there is a submission form, where meetings can be submitted to ESPRAS for publication on the website’s calendar and through social media.

Be part of the ESPRAS community by following us on Instagram, Twitter and LinkedIn and like EPSRAS!



Offer a Mini Fellowship through the European Education Exchange Network (EEEN) on the ESPRAS New Website

Giovanni di Benedetto, Italy and Cenk Demirdöver, Turkey

The refurbishing of our ESPRAS website has also permitted the launch of a revised ESPRAS fellowship scheme. The ESPRAS Exco believes that European Plastic Surgery will benefit greatly from increased opportunities for surgeons at all levels to visit other units and to learn from their special areas of interest. ESPRAS is supporting Trainees with their travel costs anticipating that institutions will assist with accommodation. In this way we hope to facilitate the development of an everexpanding network of expertise from which everyone can benefit. Please take this opportunity to showcase your work by offering Mini Fellowships in topics of your choice at your individual institution, be this a private practice, a general hospital, a research lab or a university hospital. Make your individual strengths more visible by offering the subtopic of Plastic Surgery in which your practice is focussed and advise whether you would be able to offer any kind of accommodation, special fares or other services for the visitors.

This platform could greatly strengthen the network of Plastic Surgery in Europe and Achieving a common purpose between all the different societies that comprise

Mini Fellowships can be offered both to European doctors in continuing education to become a Board certified Plastic Surgeon or also to students. Length of stay could range from very short stays (a couple of days) to several weeks (for example 3-4 weeks), depending on student's/resident's interest and the facilities' resources and availability. The choice is yours.

To submit offers please use the internal section of our new website (www.espras.org) after registration. In the members area you will find the relevant form.

Offers are then visible in professional section of the new website. Candidates can filter the fields and locations they are interested in. In this way, applicants would be able to select and choose between different fields of interest such as General Plastic Surgery, Hand Surgery, Breast Surgery, Microsurgery, Head and Neck Surgery, Burns, Asthetic Surgery etc..

European Plastic Surgery has the potential to significantly enhance the training of our residents in subspecialty areas of practice.

ESPRAS Extended ExCo Committee Applications – Add your voice!

ESPRAS Executive Committee (ExCo)

The European Society for Plastic, Reconstructive and Aesthetic Surgery ESPRAS invites you to share your skills and expertise and help make a difference by applying to contribute as an ESPRAS committee member.



Committee members have the opportunity to collaborate and network with colleagues to impact the future of European Plastic Surgery by influencing health policy, patient safety, research, education, leadership and professional development. Join one of the ESPRAS extended Executive Committees across eight areas of interest:

- Academic Affairs and registries
- Breast Reconstruction and Implants
- Education
- Foundation Reconstruction in war victims
- Membership
- Plastic Surgery in Private Practice
- Regulations, Statutes and Legal Affairs
- Social Media, Public Relations and website

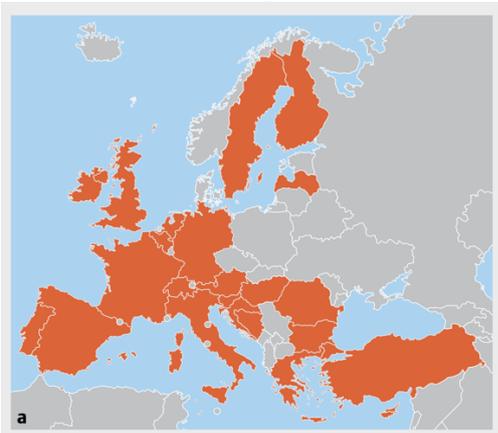
Feel free to contact the office in Switzerland and the members of the Executive Committee with additional questions (office@espras.org).

Don't miss out!

ESPRAS Survey on National and European Societies in Plastic Surgery now published!

ESPRAS Executive Committee (ExCo), Switzerland

The European Society for Plastic, Reconstructive and Aesthetic Surgery (ESPRAS) has published its latest survey on National and European Societies in Plastic Surgery. The purpose was to identify synergies and redundancies and promote improved cooperation and exchange to enhance coordinated decision-making at the European level.



The ESPRAS survey included 22 national and 9 European Plastic Surgery societies representing more than 7000 Plastic Surgeons in Europe. Most national societies consist of less than 500 full members. European societies, which

covered the full spectrum or subspecialties, differed in membership types and congress cycles, with some requiring applications by individuals and others including national societies. The main purposes of the societies include research, representation against other disciplines, specialisation and education as well as more individual goals like patient care and policy regulation.

This ESPRAS survey offers key insights into the structures, requirements and challenges of national and European societies for Plastic Surgeons, highlighting the relevance of ongoing close exchange between the societies to foster professional advancement and reduce redundancies. Future efforts will continue to further explore strategies for enhancing collaboration and harmonisation within the European Plastic Surgery landscape.

The survey is now available in free access at <https://www.thieme-connect.com/products/ejournals/pdf/10.1055/a-2250-2800.pdf>.

The ESPRAS study on European Quality Indicators for Breast Reconstructions needs engagement from all national delegates and societies. Please enroll your experts and patient representatives!

Anna Elander, Sweden

In March 2023 at the ELF meeting in Munich it was decided to start a study based on consensus from professionals *as well as patient organizations*. By including patient opinions' we believe that the indicators will have more impact on the quality of breast reconstruction through Europe and thus improving the quality of life of all the women in Europe undergoing breast cancer therapy. The inclusion of patient organizations could also increase the impact of the quality indicators on policy making political organizations such as the European Parliament, that have previously adopted the EUSOMA guidelines. Moreover, quality indicators made by patients, plastic surgeons, and nurses have the potential to be used as a foundation for funding applications of study protocols related to patient related outcomes, quality and safety in breast reconstruction. Therefore, the creation of relevant quality indicators by our ESPRAS

community's experts in breast reconstructions in cooperation with patients have the potential to affect an enormous number of women and plastic surgeons.

As the European Commission published in 2020, the breast cancer burden in EU-27 countries is high, with an estimated incidence of 355,457 new cases and 91,826 deaths a year. While breast cancer is curable in 70–80% of patients with early-stage, non-metastatic disease, locoregional and systemic therapy approaches often leave women physically and psychologically impaired. Breast reconstruction has become an invaluable part of recovery for many women and plays a central role in holistic breast cancer therapy, increasing patients' quality of life. Nonetheless, the field of breast reconstruction is confronted with several controversially debated topics, requiring harmonization on an international level,

why clear evidence-based guidelines are urgently needed.

So far, the only European standards for breast reconstructions are described by EUSOMA. And since the European Societies in Plastic Surgery did not participate in this project the outcome regarding standards and quality indicators does not mirror the plastic surgery perspective.

This ESPRAS study is based on a consensus principle – a Delphi procedure, where European plastic surgeons and nurses with expertise in breast reconstructions and patient representatives from all European countries will be participating. The participants will answer a three stage questionnaire on-line (distributed by Google Forms, Google, California, U.S.).

The study is coordinated by Emma Hansson from Gothenburg, Sweden and Nicholas Moellhoff from Munich, Germany. ESPRAS

ExCo representative is Anna Elander. Delegates representing ESPRAS Council of Delegates are Rado Zic, Lisbeth Hölmrich, Ilkka Kaartinen, Ruth Waters, Nicolas Möllhoff, Emma Hansson, Anna Elander, Riccardo Giunta.

The present status is that we still miss nominees from many countries. If you represent any of these countries PLEASE TAKE ACTION! Your voice and expertise are needed. The table below show the present status regarding representation in the study. Countries marked green have nominated their experts and patient representatives. **Please follow** the link to the study design to see how many of each your country should nominate – and nominate!

ESPRAS	countries	invited to participate
ESPRAS North	ESPRAS Central / East	ESPRAS South-East
Denmark	Austria	Armenia
Finland	Czechia	Azerbaijan
Iceland	Estonia	Bulgaria
Norway	Georgia	Bosnia and Herzegovina
Sweden	Hungary	Croatia
ESPRAS West	Latvia	Cyprus
Belgium	Lithuania	Greece
Germany	Poland	Kosovo
Ireland	Slovakia	Montenegro
Luxemburg	ESPRAS South-West	North Macedonia
Netherlands	France	Moldova
Switzerland	Italy	Romania
United Kingdom	Portugal	Serbia
	Malta	Slovenia
	Spain	Turkey
		Ukraine

ESPRAS Survey on Tranexamid Acid (TXA) in Plastic Surgery

Sinan Mert, Irene Mesas, Nicholas Möllhoff, Riccardo Giunta, Germany

Tranexamid Acid (TXA) gains increasing popularity¹ for reduced postoperative bleeding in patients in various fields of Plastic Surgery. It seems to be:

- A cost-effective solution for bleeding-related complications
- Significantly reduces
 - Perioperative blood loss
 - Postoperative hematoma and seroma formation
 - Drainage duration
 - Need for blood transfusions
 - Costs
 - Recovery time

However, there is a lack of standards in Plastic Surgery regarding indication, application method and dosage.

ESPRAS Executive committee has decided to prepare an European overview on this issue with an online questionnaire so to gain insight on the current status in Europe and to prepare a consensus statement on this issue possibly on our Meeting “ESPRAS – A day in Paris” in November 22nd 2024 in Paris France.

We kindly ask you answer the following questionnaire at this link:

<https://www.umfragen-am-klinikum.de/index.php/623572?lang=en>

and here is the QR Code:



It possibly takes 5 to 10 minutes to answer. Results will be published ahead.

Thank you for your support in providing all European information in Plastic Surgery.

Together we are stronger in Europe!

Survey on Breast Implant Selection Practice

Fabio Santanelli di Pompeo, EURAPS president, Italy

As president of the European Association of Plastic Surgeons (EURAPS) and chairman of the EURAPS Committee on Device Safety & Development, I'm pleased to contact you regarding a survey that we would like to address to all Plastic Surgeons affiliated to ESPRAS and to their National Society of Plastic Surgery in Europe.

The attached survey [BIA-ALCLfreeonlinesurveys.com](https://www.alclfreeonlinesurveys.com), lasting no longer than 3 minutes, will aim at investigate if and how, these past years of knowledge of BIA-ALCL have changed the implant selection in aesthetic and reconstructive practices in Europe. The results of your precious collaboration will help to produce a

manuscript that you will be co-authoring for publication. We are therefore asking all National Societies leader, to help us in delivering this survey within ESPRAS members so to accomplish our goals.

While we wait for your precious support, please do accept my warmest regards and salutations.

Fabio Santanelli di Pompeo
EURAPS Committee on Device Safety & Development (Chairman).

Endorsed by
SAPIENZA
UNIVERSITÀ DI ROMA

THE UNIVERSITY OF TEXAS
MDAnderson
Cancer Center

Save the Date
19-20 April 2024
WWW.IBSW.IT

9th International Breast Surgery Workshop
5th World Consensus Conference on BIA-ALCL

Rome, Italy

euroltraining
mail@euroltraining.it

Presidents
Fabio Santanelli di Pompeo
Mark W. Clemens

ESPRAS Quadrennial Congress in Bern, Switzerland 2026

Dirk Schaefer, Switzerland

The next Quadrennial European Congress of Plastic, Reconstructive and Aesthetic Surgery will take place from September 3-5, 2026, in Bern, Switzerland. The meeting in the heart of Europe will be organized together with Swiss Plastic Surgery.

The aim of the conjunct meeting is to provide a platform for all plastic surgeons and subspecialties in Europe and even all over the world! The focus will be on providing up-to-date knowledge and science in all areas of plastic surgery.

Specialist continental societies and associations such as EASAPS, EFSM, EBA, EURAPS, EBOPRAS and ICOPLAST are invited to join the meeting.

We are very much looking forward to meeting you all in the capital of Switzerland under the motto "Together stronger in Europe". We will offer you typical Swiss hospitality in the spectacular surroundings of the lakes and mountains of Switzerland in the wonderful time of late summer.

Please **SAVE THE DATE**, more information on abstract submission, accommodation and transport will follow.



Meetings and Congresses of European Societies in Plastic Surgery in 2024/25

Linda Gloor, ESPRAS Office, Switzerland

ESPRAS collects and spreads data on National and European Meetings and congresses throughout Europe for the information of our members. Please send detailed information on your national meeting to newsletter@espras.org.

Austria

62. Jahrestagung der Österreichischen Gesellschaft für Plastische, Ästhetische und Rekonstruktive Chirurgie **ÖGPRÄC**. 03. - 05.10.2023 in Linz, Austria
<https://www.conconcept.at/de/26/OeGPAeRC-2024>

Bosnia and Herzegovina

5 in 1 Congress
amongst others **13th BAFPRAS** Association of the Balkans Plastic, Reconstructive and Aesthetic Societies Congress and **ESPRAS - A Day in Sarajevo**, 19.-22.9.2024, Sarajevo, Bosnia and Herzegovina

Finland

SCAPLAS Congress 2024, Scandinavian Plastic Surgery, Helsinki June 12.-14th 2024, <https://scaplas2024.org/>

France

ESPRAS – A day in Paris and Congrès National **SoFCPRE** 2024 22. - 24.11.2024 in Paris, France <https://www.sofcpreevenement.com/>

Germany

54. Jahrestagung der Deutschen Gesellschaft der Plastischen, Rekonstruktiven und Ästhetischen Chirurgie **DGPRÄC**, 3. - 5.10.2024 in Düsseldorf, Germany
www.dgpraec-2024.de

Italy

9th International Breast Surgery Workshop and 5th World Consensus Conference on **BIA-ALCL**. Rome, Italy 19.4.-20.4.2024, <https://ibsw.it>

EFSM Euromicro Meeting, 9.5. –
11.5.2024, Milan, Italy
<https://www.euromicro2024.com>

72° congresso nazionale della **SICPRE 10. –**
12.10.2023 in Giardini Naxos, Italy
<https://sicpre2024.it/>

Spain

56° congreso nacional **SECPRE 6. –**
8.6.2024 in Barcelona, Spain
[https://secpres.org/agenda-detalle/139/56%C3%B3Congreso%20Nacional%20SECPRE%20\(06%20al%2008%20Junio\)](https://secpres.org/agenda-detalle/139/56%C3%B3Congreso%20Nacional%20SECPRE%20(06%20al%2008%20Junio))

Sweden

ESAPS Biennial Meeting, 12.-15.9.2024,
Göteborg, Sweden.
<https://esaps.eu/congress-2024-goteborg/>

Switzerland

ESPRAS Quadrennial Congress, 3.9.-
5.9.2026 Bern, Switzerland
<https://plasticsurgery.ch/de/fachwelt/veranstaltungen/veranstaltungskalender>

UK

BAPRAS congress 2024, 4.-6.
December 2024, Newport, UK
<https://www.bapras.org.uk/professionals/training-and-education/bapras-events/bapras-congress-2024>